

**Central Aquatic Center**

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

**Hours of operation:**

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times (770) 528-8465.

**Swimming Lessons Spring 2010**

Session I	Feb 22-Mar 11
Session II	Mar 15- April 1
Session III	Apr 12-29
Session IV	May 3-20
Saturday I	*Mar 6-Apr 3
Saturday II	*Apr 10-May 8

\*(Note: Sat. classes meet 5 times – fees have been adjusted)

Swim lesson registration for Cobb County Residents will be held at 9:00 am on February 13<sup>th</sup>, 2010.

Non-Cobb resident's registration begins at 9:00 am on February 15<sup>th</sup>

**Mountain View Aquatic Center**

Located at 2650 Gordy Parkway in East Cobb

**Hours of operation:**

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times (770) 509-4925.

**Swimming Lessons Spring 2010**

Session I	Feb 22-Mar 11
Session II	Mar 15-Apr 1
Session III	Apr 12-Apr 29
Saturday I	*Feb 27-Apr 3
Saturday II	*Apr 10-May 15

\*Feb 27-Apr 3-Skip class on Mar 13, 2010

\*(Note classes meet 5 times – fees have been adjusted)

\*Apr 10-May 15-Skip class on Apr 24, 2010

\*(Note classes meet 5 times – fees have been adjusted)

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on February 14<sup>th</sup>, 2010.

Non-Cobb resident's registration begins at 2:00 pm on February 15<sup>th</sup>

**West Cobb Aquatic Center**

Located at 3675 Macland Road in Powder Springs

**Hours of operation:**

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times 770-222-6700

**Swimming Lessons Spring 2010**

Session I	Feb 15-March 3
Session II	March 8-24
Session III	April 12-28
Session IV	May 3-19
Saturday I	*Feb 27-March 27
Saturday II	*Apr 10-May 8

\*(Note classes meet 5 times – fees have been adjusted)

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on February 13<sup>th</sup>, 2010.

Non-Cobb resident's registration begins at 2:00 pm February 15<sup>th</sup>

**South Cobb Aquatic Center**

Located at 875 Six Flags Drive in Austell

**Hours of Operation:**

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for open swim and lap swim times 770-739-3180

**Swimming Lessons Spring 2010**

Session I	Feb 22-Mar 11
Session II	Mar 15-Apr 1
Session III	Apr 12-April 29
Session IV	May 3-20
Saturday I	*Feb 27-Apr 3*
Saturday II	Apr 17-May 22

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on February 12<sup>th</sup>, 2010.

Non-Cobb resident's registration begins at 9:00 am February 15<sup>th</sup>

**Aquatic Center – Lessons****Adult Basics (age 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

**Class Fees: \$40.00 (R) \$65.00 (N)**

**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

**Central Aquatic Center**

27224	Sat*	Mar 1-Apr 3	1:00-1:50 PM
27229	Sat*	Apr 10-May 8	1:00-1:50 PM
27225	T/Th	Feb 23-Mar 11	7:00-7:50 PM
27226	T/Th	Mar 16-Apr 1	7:00-7:50 PM
27227	T/Th	Apr 13-29	7:00-7:50 PM
27228	T/Th	May 4-20	7:00-7:50 PM

**Mountain View Aquatic Center**

27382	Sat*	Feb 27-Apr 3	9:30-10:20 AM
27383	Sat*	Apr 10-May 15	9:30-10:20 AM

**South Cobb Aquatic Center**

27321	M/W	Feb 22	6:30- 7:20 PM
27318	M/W	Mar 15	6:30- 7:20 PM
27319	M/W	Apr 12	6:30- 7:20 PM
27320	M/W	May 3	6:30- 7:20 PM
27317	Sat	Feb 27	1:00- 1:50AM
27322	Sat	Apr 17	1:00- 1:50AM

**West Cobb Aquatic Center**

27116	Tue, Thu	Feb 16	8:10- 9:00 PM
27117	Tue, Thu	Apr 13	8:10- 9:00 PM
27118	Mon, Wed	Mar 8	8:10- 9:00 PM
27119	Mon, Wed	May 3	8:10- 9:00 PM

**Adult Basics II (age 15+)**

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

**Class Fees: \$20.00 (R) \$40.00 (N)**

**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

**Central Aquatic Center**

27230	Sat	Mar 1-Apr 3	12-12:50 PM
27231	Sat	Apr 10-May 8	12-12:50 PM

**Adult Stroke Development (age 15+)**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

**Class Fees: \$40.00 (R) \$65.00 (N)**

**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

**Central Aquatic Center**

27232	Sat*	Mar 1-Apr 3	11-11:50 AM
27236	Sat*	Apr 10-May 8	11-11:50 AM
27233	T/Th	Feb 23-Mar 11	8:00-8:50 PM
27234	T/Th	Mar 16-Apr 1	8:00-8:50 PM
27235	T/Th	Apr 13-29	8:00-8:50 PM
27237	T/Th	May 4-20	8:00-8:50 PM

**Adult Stroke Development 2 (age 15+)**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

**Class Fees: \$40.00 (R) \$65.00 (N)**

**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

**Central Aquatic Center**

Sat*	Mar 1-Apr 3	10-10:50 AM
Sat*	Apr 10-May 8	10-10:50 AM

**Preschool****Parent Tot (age 6mos-3 yrs)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

**Class Fees: \$20.00 (R) \$40.00 (N)**

**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

**Central Aquatic Center**

27286	Sat*	Mar 1-Apr 3	9:00-9:30 AM
27287	Sat*	Apr 10-May 8	9:00-9:30 AM

**Mountain View Aquatic Center**

27417	Sat*	Feb 27-Apr 3	9:00- 9:30 AM
27420	Sat*	Apr 10-May 15	9:00- 9:30 AM
27421	T/Th	Feb 23-Mar 11	11:00-11:30 AM
27418	T/Th	Mar 16-Apr 1	11:00-11:30 AM
27419	T/Th	Apr 13-29	11:00-11:30 AM

**South Cobb Aquatic Center**

27351	Sat	Feb 27	9:00- 9:30 AM
27352	Sat*	Apr 17	9:00- 9:30 AM

## West Cobb Aquatic Center

27191	Mon/Wed	Feb 15	11-11:30 AM
27192	Mon/Wed	Mar 8	11-11:30 AM
27193	Mon/Wed	Apr 12	11-11:30 AM
27194	Mon/Wed	May 3	11-11:30 AM
27314	Sat	Feb 27	9:10-9:40 AM

## Parent Tot II (age 18mos-3 yrs)

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

**Class Fees: \$20.00 (R) \$40.00 (N)**

**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

## South Cobb Aquatic Center

27353	Sat	Feb 27	9:00- 9:30 AM
27354	Sat	Apr 17	9:00- 9:30 AM

## Tadpole (age 3-5)

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere

**Class Fees: \$20.00 (R) \$40.00 (N)**

**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

## Central Aquatic Center

27299	Sat*	Mar 1-Apr 3	9:45-10:15AM
27305	Sat*	Apr 10-May 8	9:45-10:15 AM
27298	T/Th	Feb 23-Mar 11	1:00-1:30 PM
27301	T/Th	Feb 23-Mar 11	5:00-5:30 PM
27300	T/Th	Mar 16-Apr 1	1:00-1:30 PM
27302	T/Th	Mar 16-Apr 1	5:00-5:30 PM
27303	T/Th	Apr 13-29	1:00-1:30 PM
27304	T/Th	Apr 13-29	5:00-5:30 PM
27307	T/Th	May 4-20	1:00-1:30 PM
27306	T/Th	May 4-20	5:00-5:30 PM

## Mountain View Aquatic Center

27436	Sat*	Feb 27-Apr 3	9:30-10:00 AM
27437	Sat*	Apr 10-May 15	9:30-10:00 AM
27430	T/Th	Feb 23-Mar 11	11:45 AM -12:15 PM
27432	T/Th	Mar 16-Apr 1	11:45 AM -12:15 PM
27433	T/Th	Apr 13-29	11:45 AM -12:15 PM
27431	T/Th	Feb 23-Mar 11	6:30- 7:00 PM
27434	T/Th	Mar 16-Apr 1	6:30- 7:00 PM
27435	T/Th	Apr 13-29	6:30- 7:00 PM

## South Cobb Aquatic Center

27362	T/TH	Feb 23	4:30- 5:00 PM
27363	T/TH	Mar 16	4:30- 5:00 PM
27365	T/TH	Apr 13	4:30- 5:00 PM
27361	T/TH	May 4	4:30- 5:30 PM
27364	Sat	Feb 27	9:45-10:15AM
27366	Sat	Apr 17	9:45-10:15AM

## West Cobb Aquatic Center

27207	Sat	Feb 27	9:50-10:20 AM
27208	Mon/Wed	Feb 15	11:45-12:15 PM
27209	Mon/Wed	Mar 8	11:45-12:15 PM
27210	Mon/Wed	Apr 12	11:45-12:15 PM
27211	Mon/Wed	May 3	11:45-12:15 PM
27212	Tue/Thu	Feb 16	11:00-11:30 AM
27213	Tue/Thu	Mar 9	11:00-11:30 AM
27214	Tue/Thu	Apr 13	11:00-11:30 AM
27215	Tue/Thu	May 4	11:00-11:30 AM

## Minnow (age 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

**Class Fees: \$20.00 (R) \$40.00 (N)**

**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

## Central Aquatic Center

27277	Sat*	Mar 1-Apr 5	10:30-11 AM
27278	Sat*	Apr 19-May 17	10:30-11 AM
27282	T/Th	Feb 23-Mar 11	1:45- 2:15 PM
27276	T/Th	Feb 23-Mar 11	5:45-6:15 PM
27283	T/Th	Mar 16-Apr 1	1:45- 2:15 PM
27279	T/Th	Mar 16-Apr 1	5:45-6:15 PM
27284	T/Th	Apr 13-29	1:45- 2:15 PM
27280	T/Th	Apr 13-29	5:45-6:15 PM
27285	T/Th	May 4-20	1:45- 2:15 PM
27281	T/Th	May 4-20	5:45-6:15 PM

## Mountain View Aquatic Center

27410	Sat*	Feb 27-Apr 3	10:15-10:45 AM
27411	Sat*	Apr 10-May 15	10:15-10:45 AM
27412	T/Th	Feb 23-Mar 11	12:30- 1:00 PM
27415	T/Th	Mar 16-Apr 1	12:30- 1:00 PM
27416	T/Th	Apr 13-29	12:30- 1:00 PM
27409	T/Th	Feb 23-Mar 11	7:00- 7:30 PM
27413	T/Th	Mar 16-Apr 1	7:00- 7:30 PM
27414	T/Th	Apr 13-29	7:00- 7:30 PM

## South Cobb Aquatic Center

27345	T/TH	Feb 23	5:15- 5:45 PM
27348	T/TH	Mar 16	5:15- 5:45 PM
27349	T/TH	Apr 13	5:15- 5:45 PM
27350	T/TH	May 4	5:15- 5:45 PM
27346	Sat	Feb 27	10:30-11:00AM
27347	Sat	Apr 17	10:30-11:00AM

## West Cobb Aquatic Center

27181	Mon/Wed	Feb 15	12:30- 1:00 PM
27182	Mon/Wed	Mar 8	12:30- 1:00 PM
27183	Mon/Wed	Apr 12	12:30- 1:00 PM
27184	Mon/Wed	May 3	12:30-1:00 PM
27185	Tue/Thu	Feb 16	11:45 AM-12:15
27186	Tue/Thu	Mar 9	11:45 AM-12:15
27187	Tue/Thu	Apr 14	11:45 AM-12:15
27188	Tue/Thu	May 4	11:45 AM-12:15
27189	Sat	Feb 27	10:30-11:00 AM

## Seals (age 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

**Class Fees: \$20.00 (R) \$40.00 (N)**  
**\*Saturday 5-Class Fees: \$17.00 (R) \$34.00 (N)**

### Central Aquatic Center

27288	Sat*	Mar 1-Apr 3	11:15-11:45AM
27289	Sat*	Apr 10-May 8	11:15-11:45 AM
27290	T/Th	Feb 23-Mar 11	2:30- 3:00 PM
27291	T/Th	Feb 23-Mar 11	6:30-7:00 PM
27293	T/Th	Mar 16-Apr 1	2:30- 3:00 PM
27297	T/Th	Mar 16-Apr 1	6:30-7:00 PM
27294	T/Th	Apr 13-29	2:30- 3:00 PM
27296	T/Th	Apr 13-29	6:30-7:00 PM
27292	T/Th	May 4-20	2:30- 3:00 PM
27295	T/Th	May 4-20	6:30-7:00 PM

### Mountain View Aquatic Center

27428	Sat*	Feb 27-Apr 3	11:00-11:30 AM
27429	Sat*	Apr 10-May 15	11:00-11:30 AM
27423	T/Th	Feb 23-Mar 11	1:15- 1:45 PM
27426	T/Th	Mar 16-Apr 1	1:15- 1:45 PM
27427	T/Th	Apr 13-29	1:15- 1:45 PM
27422	T/Th	Feb 23-Mar 11	6:30- 7:00 PM
27424	T/Th	Mar 16-Apr 1	6:30- 7:00 PM
27425	T/Th	Apr 13-29	6:30- 7:00 PM

### South Cobb Aquatic Center

27355	T/TH	Feb 23	5:15-5:45PM
27356	T/TH	Mar 16	5:15-5:45PM
27359	T/TH	Apr 13	5:15-5:45PM
27360	T/TH	May 4	5:15-5:45PM
27357	Sat	Feb 27	11:15-11:45AM
27358	Sat	Apr 17	11:15-11:45AM

### West Cobb Aquatic Center

27198	Mon/Wed	Feb 15	1:15- 1:45 PM
27199	Mon/Wed	Mar 8	1:15- 1:45 PM
27200	Mon/Wed	Apr 12	1:15- 1:45 PM
27201	Mon/Wed	May 3	1:15- 1:45 PM
27202	Tue/Thu	Feb 16	12:30- 1:00 PM
27203	Tue/Thu	Mar 9	12:30- 1:00 PM
27204	Tue/Thu	Apr 13	12:30- 1:00 PM
27205	Tue/Thu	May 4	12:30- 1:00 PM
27197	Sat	Feb 27	11:10-11:40 AM

## Learn to Swim Program - Age 6 & up

### Level 1 (age 6-15)

This class is designed for children 6 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level.

**Class Fees: \$40.00 (R) \$65.00 (N)**  
**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

### Central Aquatic Center

27238	Sat*	Mar 1-Apr 3	11-11:50 AM
27242	Sat*	Apr 10-May 8	11-11:50 AM
27239	M/W	Feb 22-Mar 10	3:30-4:20 PM
27240	M/W	Mar 15- 31	3:30-4:20 PM
27241	M/W	Apr 12-28	3:30-4:20 PM
27243	M/W	May 3 – 19	3:30-4:20 PM
27244	T/Th	Feb 23-Mar 11	4:00-4:50 PM
27245	T/Th	Mar 16-Apr 1	4:00-4:50 PM
27246	T/Th	Apr 13-29	4:00-4:50 PM
27247	T/Th	May 4-20	4:00-4:50 PM

### Mountain View Aquatic Center

27384	Sat*	Feb 27-Apr 3	12:00-12:50 PM
27385	Sat*	Apr 10-May 15	12:00-12:50 PM
27386	T/Th	Feb 23-Mar 11	4:30- 5:20 PM
27387	T/Th	Mar 16-Apr 1	4:30- 5:20 PM
27388	T/Th	Apr 13-29	4:30- 5:20 PM

### South Cobb Aquatic Center

27327	M/W	Feb 22	4:30- 5:20 PM
27324	M/W	Mar 15	4:30- 5:20 PM
27325	M/W	Apr 12	4:30- 5:20 PM
27326	M/W	May 3	4:30- 5:20 PM
27323	Sat	Feb 27	11:00-11:30AM
27328	Sat*	Apr 17	11:00-11:30AM

### West Cobb Aquatic Center

27128	Sat	Feb 27	1:10- 2:00 PM
27127	Sat	Apr 10	9:10-10:00 AM
27125	Tue, Thu	Feb 16	1:10- 2:00 PM
27126	Tue, Thu	Mar 9	1:10- 2:00 PM
27123	Mon, Wed	Feb 16	6:10- 7:00 PM
27124	Mon, Wed	Apr 13	6:10- 7:00 PM

## Level 2 (age 6-15)

This class is designed for children who are able to float and glide on their stomach and back, and are comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side.

**Class Fees: \$40.00 (R) \$65.00 (N)**  
**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

### Central Aquatic Center

27250	Sat*	Mar 1-Apr 3	12-12:50 PM
27255	Sat*	Apr 10-May 8	12-12:50 PM
27248	M/W	Feb 22-Mar 10	3:30-4:20 PM
27249	M/W	Mar 15- 31	3:30-4:20 PM
27251	M/W	Apr 12-28	3:30-4:20 PM
27252	M/W	May 3-19	3:30-4:20 PM
27258	M/W	Feb 22-Mar 10	4:30-5:20 PM
27259	M/W	Mar 15-31	4:30-5:20 PM
27260	M/W	Apr 12-28	4:30-5:20 PM
27261	M/W	May 3-19	4:30-5:20 PM
27253	T/Th	Feb 23-Mar 11	4:00-4:50 PM
27254	T/Th	Mar 16-Apr 1	4:00-4:50 PM
27256	T/Th	Apr 13-29	4:00-4:50 PM
27257	T/Th	May 4-20	4:00-4:50 PM

### Mountain View Aquatic Center

27392	Sat*	Feb 27-Apr 3	12:00-12:50 PM
27396	Sat*	Apr 10-May 15	12:00-12:50 PM
27389	T/Th	Feb 23-Mar 11	4:30- 5:20 PM
27390	T/Th	Mar 16-Apr 1	4:30- 5:20 PM
27393	T/Th	Apr 13-29	4:30- 5:20 PM
27391	M/W	Feb 22-Mar 10	4:30- 5:20 PM
27394	M/W	Mar 15-31	4:30- 5:20 PM
27395	M/W	Apr 12-28	4:30- 5:20 PM

### South Cobb Aquatic Center

27334	M/W	Feb 22	4:30-5:20 AM
27339	M/W	Feb 22	5:30-6:20 AM
27331	M/W	Mar 15	4:30-5:20 AM
27335	M/W	Mar 15	5:30-6:20 AM
27332	M/W	Apr 12	4:30-5:20 AM
27336	M/W	Apr 12	5:30-6:20 AM
27337	M/W	May 3	4:30-5:20 AM
27340	M/W	May 3	5:30-6:20 AM
27333	Sat	Feb 27	11:00-11:50AM
27329	Sat*	Feb 27	12:00-12:50PM
27338	Sat	Apr 17	11:00-11:50AM
27330	Sat*	Apr 17	12:00-12:50PM

### West Cobb Aquatic Center

27139	Sat	Feb 27	12:10-1 2:00 PM
27140	Sat	Apr 10	10:10-11:00 AM
27135	Tue, Thu	Mar 9	1:10-2:00 PM
27136	Tue, Thu	May 4	1:10-2:00 PM
27137	Tue, Thu	Feb 16	6:10-7:00 PM
27138	Tue-, Thu	Apr 13	6:10-7:00 PM
27133	Mon, Wed	Mar 8	6:10-7:00 PM
27134	Mon, Wed	May 3	6:10-7:00 PM

## Level 3 (age 6-15)

Students must be able to swim 50 yards consisting of backstroke and front crawl with rhythmic breathing to the side. Students must be comfortable swimming in deep water without assistance. Skills taught at this level include improving front crawl and backstroke, elementary backstroke, treading water, diving, and safety skills.

**Class Fees: \$40.00 (R) \$65.00 (N)**  
**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

### Central Aquatic Center

27264	Sat*	Mar 1-Apr 3	1-1:50 PM
27265	Sat*	Apr 10-May 8	1-1:50 PM
27262	M/W**	Feb 22-Mar 10	4:30-5:20 PM
27269	M/W**	Mar 15- 31	4:30-5:20 PM
27270	M/W**	Apr 12-28	4:30-5:20 PM
27271	M/W**	May 3-19	4:30-5:20 PM
(**Class is combined with Level 4)			
27263	T/Th	Feb 23-Mar 11	5:00-5:50 PM
27266	T/Th	Mar 16-Apr 1	5:00-5:50 PM
27267	T/Th	Apr 13-29	5:00-5:50 PM
27268	T/Th	May 4-20	5:00-5:50 PM

### Mountain View Aquatic Center

27397	Sat*	Feb 27-Apr 3	11:00-11:50 AM
27400	Sat*	Apr 10-May 15	11:00-11:50 AM
27398	M/W	Feb 22-Mar 10	4:30- 5:20 PM
27399	M/W	Mar 15-31	4:30- 5:20 PM
27401	M/W	Apr 12-28	4:30- 5:20 PM

### South Cobb Aquatic Center

27341	Sat	Feb 27	12:00-12:50PM
27342	Sat*	Apr 17	12:00-12:50PM

### West Cobb Aquatic Center

Location: West Cobb Aquatic Center

27153	Sat	Apr 10	11:10-12:00 PM
27151	Tue, Thu	Mar 9	6:10-7:00 PM
27152	Tue, Thu	May 4	6:10-7:00 PM
27149	Mon, Wed	Feb 15	7:10-8:00 PM
27150	Mon, Wed	Apr 12	7:10-8:00 PM

**Level 4 (age 6-15)**

Students must be able to swim 100 yards without stopping (2 laps) including; front crawl with rhythmic breathing, back crawl, and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: improving previously learned strokes, breaststroke, sidestroke, and increased endurance

**Class Fees: \$40.00 (R) \$65.00 (N)**

**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

**Central Aquatic Center**

27272	Sat*	Mar 1-Apr 3	10-10:50 AM
27273	Sat*	Apr 10-May 8	10-10:50 AM
27262	M/W**	Feb 22-Mar 10	4:30-5:20 PM
27269	M/W**	Mar 15-31	4:30-5:20 PM
27270	M/W**	Apr 12-28	4:30-5:20 PM
27271	M/W**	May 3-19	4:30-5:20 PM

(\*\*Class is combined with Level 3)

**Mountain View Aquatic Center**

27404	Sat*	Feb 27-Apr 3	1:00- 1:50 PM
27406	Sat*	Apr 10-May 15	1:00- 1:50 PM
27402	M/W	Feb 22-Mar 10	6:30- 7:20 PM
27403	M/W	Mar 15-31	6:30- 7:20 PM
27405	M/W	Apr 12-28	6:30- 7:20 PM

**South Cobb Aquatic Center**

27343	Sat	Feb 27	1:00-1:50PM
27344	Sat	Apr 17	1:00-1:50PM

**West Cobb Aquatic Center**

27169	Sat	Apr 10	12:10-1:00 PM
27167	Tue, Thu	Feb 16	7:10-8:00PM
27168	Tue, Thu	Apr 13	7:10-8:00PM
27163	Mon, Wed	Mar 8	7:10-8:00PM
27164	Mon, Wed	May 3	7:10-8:00PM
27165	Mon, Wed	Feb 15	8:10-9:00PM
27166	Mon, Wed	Apr 12	8:10-9:00PM

**Level 5 (age 6-15)**

Student must be able to perform the following strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

**Class Fees: \$40.00 (R) \$65.00 (N)**

**\*Saturday 5-Class Fees: \$33.00 (R) \$58.00 (N)**

**Central Aquatic Center**

27274	Sat*	Mar 1-Apr 3	12-12:50 PM
27275	Sat*	Apr 10-May 8	12-12:50 PM

**Mountain View Aquatic Center**

27407	Sat*	Feb 27-Apr 3	1:00- 1:50 PM
27408	Sat*	Apr 10-May 15	1:00- 1:50 PM

**West Cobb Aquatic Center**

Location: West Cobb Aquatic Center

27177	Tue/Thu	Mar 9	8:10-9:00 PM
27178	Tue/Thu	May 4	8:10-9:00 PM
27179	Sat	Apr 10	1:10-2:00 PM

**Competitive Diving:**

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.

**Competitive Swimming:**

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	770-516-3668
Stingrays	770-428-3425

## Adult Aqua-Aerobics classes:

### Central Aquatic Center

9:00 am	Mon/Wed/Fri	Aerobics
10:00 am	Mon/Wed/Fri	Seniors
5:30 pm	Mon/Wed/Fri	Aerobics

### Mountain View Aquatic Center

8:00am	Mon/Wed/Fri	Aerobics (shallow water)
8:00am	Tue/Thu	Aerobics (shallow water)
9:00am	Mon - Fri	Aerobics (deep water)
10:00am	Mon/Wed/Fri	Arthritis, AquaFit
10:00am	Tue/Thu	Aerobics (shallow water)
11:00am	Mon/Wed/Fri	Adaptive & Arthritis
5:30 pm	Mon - Fri	Aerobics (shallow water)

### West Cobb Aquatic Center

9:00 am	Mon-Fri	Aerobic (shallow)
9:10 am	Sat	Aerobic (shallow)
10:00 am	Mon/Wed/Fri	Low Intensity (shallow)
6:00 pm	Tue/Thu	Aerobics (deep)
7:00 pm	Mon & Wed	Aerobics (shallow)
11:10am	Mon/Wed/Fri	Low Intensity (shallow)

### South Cobb Aquatic Center

9:00am	Mon-Fri	Shallow Water
6:00pm	Mon-Thurs	Shallow Water

### Aqua-Aerobic Fees:

Adults	\$3 per class (10-visit pass \$30.00)
Seniors	\$2 per class (10-visit pass \$20.00)

### Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

### Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

## Additional Programs

**Lifeguard Training** - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

**Class Fees: \$165.00**

### Central Aquatic Center

27628	M/W/Thu	Mar 15-Apr 1	5:30-9:30 PM
27629	M/W/Thu	April 12-29	5:30-9:30 PM
27630	Mon-Thu	May10-20	5:30-9:30 PM

### Mountain View Aquatic Center

27456	T/Th	Feb 16- Mar 18	6:00-10:00 PM
27457	T/Th	Mar 23- Apr 29	6:00-10:00 PM

### South Cobb Aquatic Center

28004	Mar 1- Mar 13	Mon-Thu 5-9pm	Sat 9am-2pm
28005	Apr 5- 17	Mon-Thu 5-9pm	Sat 9am-2pm

### West Cobb Aquatic Center

27885	T/Th	Feb 16- Mar 18	6:00-10:00 PM
27886	T/Th	Apr 13- May 13	6:00-10:00 PM

**CPRO – Review class** – Class is designed to re-certify individuals in CPRO to keep their Lifeguard Certification active and current. Individuals must hold a current CPRO card to participate in the review class.

**Class Fees: \$60.00**

### Central Aquatic Center:

27631	Thu	March 11	5:30-9:30PM
27633	Thu	May 3	5:30-9:30PM
27632	Thu	May 14	5:30-9:30PM

### Mountain View Aquatic Center

27450	Mon	April 26	5:30-9:30PM
27451	Wed	April 28	5:30-9:30PM

**Water Safety Instructor** – Class is designed to certify individuals to teach American Red Cross swimming lessons.  
Call facilities for dates

Central Aquatic Center	770/528-8465
Mountain View Aquatic Center	770/509-4925
West Cobb Aquatic Center	770/222-6700
South Cobb Aquatic Center	770/739-3180

**Cobb County Summer Swim League Classes**

**CPR Review** – Class is designed for Cobb County Summer League coaches only. This review is for coaches who have taken Sports Safety for Swim Coaches with in the past two years and need to renew their CPR.

**Class Fees: \$60.00**

**Mountain View Aquatic Center**

27448 Tues/Thurs April 6 & 8 5:30-10p

27449 Mon/Wed May 3 & 5 5:30-10p

**Central Aquatic Center**

27636 T/Th Apr 6 & 8 5:30-10p

27637 T/Th May 4 & 6 5:30-10p

**Safety Training For Swim Coaches** - American Red Cross class designed to teach participants the knowledge and skill necessary to a safe coaching atmosphere. The class teaches water safety skills, along with suggestions to help with provide a safe competitive work out for swimmers.

**Class Fees: \$60.00**

**Central Aquatic Center**

27452 Sat Apr 10 10a-6p

27635 Sat May 8 10a-6p

**Mountain View Aquatic Center**

27452 Sat April 10 10a-6p

27453 Sat May 8 10a-6p

**Sports Safety For Swim Coaches** - American Red Cross class designed to teach participants the knowledge and skill necessary to help provide emergency care. This class will certify the participant in First Aid, along with child and adult CPR.

**Class Fees: \$60.00**

**Central Aquatic Center**

27636 T/Th Apr 6 & 8 5:30-10p

27637 T/Th May 4 & 6 5:30-10p

**Mountain View Aquatic Center**

27454 Tue/Thu April 6 & 8 5:30-10p

27455 Mon/Wed May 3 & 5 5:30-10p

**Cobb Aquatics****Indoor Facilities****ADMISSION FEES**

	Adult		Youth/Senior	
	Cobb	Non-C	Cobb	Non-C
Daily	\$ 3	\$ 3	\$ 2	\$ 2
10 Visit	\$ 22	NA	\$ 13	NA
Monthly	\$ 25	\$ 50	\$ 18	\$ 36
Quarterly	\$ 68	\$ 93	\$ 40	\$ 65
Annual	\$180	\$205	\$124	\$149
Family Passes				
Size	3 mo	6 mo	9 mo	Annual
4	\$70	\$140	\$210	\$280
5	\$80	\$160	\$240	\$320
6 +	\$90	\$180	\$270	\$360

A 6% tax will be applied to all admission fees and passes  
Non-residents will be charged an additional \$25.00 non-resident fee